



HEALTH SCORE

60%

Garlic bacon butties



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



3370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bacon
- ☐ 1 country ham white
- ☐ 6 servings butter for spreading
- ☐ 3 tbsp tomatoes
- ☐ 1 large garlic clove peeled cut in half

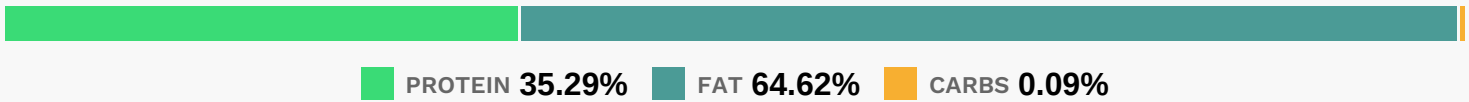
Equipment

- ☐ frying pan

Directions

- ☐ Heat a griddle or frying pan, then cook the bacon for 3 mins each side or until golden and crisp.
- ☐ Cut 6 thick slices from the loaf and butter each one on one side.
- ☐ Spread the chutney evenly over 3 slices of the bread and top each with 2 rashers of bacon. Top with the other slices of bread, buttered side down, then press together well.
- ☐ Return the butties to the pan over a medium heat (you'll have to do this in batches), then toast for 2–3 mins each side until golden.
- ☐ Remove from pan, then rub both sides with cut side of the garlic clove.
- ☐ Cut the butties in half and serve straight away.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:55.703478208055%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 3369.67kcal (168.48%), Fat: 236.4g (363.7%), Saturated Fat: 85.23g (532.69%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.2g (0.22%), Cholesterol: 851.94mg (283.98%), Sodium: 16004.91mg (695.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 290.52g (581.03%), Vitamin B1: 8.08mg (538.54%), Selenium: 307.21µg (438.87%), Vitamin B3: 60.41mg (302.07%), Phosphorus: 2888.75mg (288.88%), Vitamin B6: 5.14mg (256.87%), Zinc: 31.22mg (208.11%), Vitamin B2: 2.97mg (174.6%), Vitamin B12: 8.65µg (144.2%), Potassium: 3877.61mg (110.79%), Iron: 11.72mg (65.11%), Magnesium: 257.01mg (64.25%), Vitamin D: 9.42µg (62.81%), Vitamin B5: 6.23mg (62.3%), Copper: 1.12mg (56.09%), Vitamin E: 5.05mg (33.67%), Folate: 41.27µg (10.32%), Manganese: 0.21mg (10.29%), Calcium: 97.28mg (9.73%), Vitamin A: 194.69IU (3.89%), Vitamin C: 1.17mg (1.42%)